



Chili-Cheeseburger Mac-and-Cheese

 Gluten Free

READY IN



33 min.

SERVINGS



6

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes diced with zesty mild green chiles canned
- 12 oz shells and cheese
- 16 oz bush's chili beans - mild canned
- 1 teaspoon chili powder
- 1 pound ground beef
- 0.3 teaspoon ground cumin
- 0.5 teaspoon salt

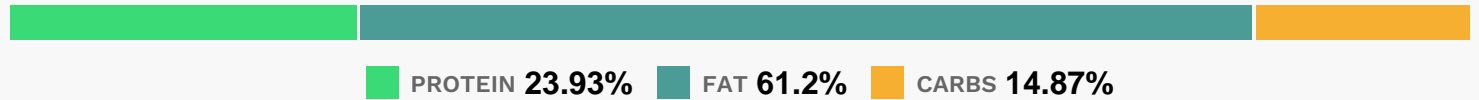
Equipment

- frying pan
- dutch oven

Directions

- Prepare shells and cheese according to package directions.
- Meanwhile, cook beef in a 12-inch (2 1/2-inch-deep) nonstick skillet or Dutch oven over medium-high heat, stirring often, 8 minutes or until meat crumbles and is no longer pink; drain and rinse under hot running water. Return beef to skillet. Stir in beans and next 4 ingredients.
- Cook over medium-high heat 7 to 9 minutes or until two-thirds of liquid has evaporated. Stir prepared pasta into beef mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:1.78, Inflammation Score:-7, Nutrition Score:21.303913033527%

Nutrients (% of daily need)

Calories: 519.86kcal (25.99%), Fat: 35.41g (54.48%), Saturated Fat: 16.83g (105.21%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 14.76g (5.37%), Sugar: 7.2g (8%), Cholesterol: 110.37mg (36.79%), Sodium: 1259.39mg (54.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.15g (62.31%), Phosphorus: 518.89mg (51.89%), Zinc: 6.96mg (46.38%), Calcium: 463.2mg (46.32%), Selenium: 28.85µg (41.22%), Vitamin B12: 2.23µg (37.11%), Vitamin B2: 0.51mg (30.26%), Vitamin B6: 0.6mg (29.88%), Potassium: 796.74mg (22.76%), Iron: 3.97mg (22.05%), Vitamin B3: 4.38mg (21.88%), Copper: 0.38mg (19.25%), Magnesium: 76.69mg (19.17%), Fiber: 4.6g (18.41%), Vitamin A: 824.39IU (16.49%), Vitamin E: 1.88mg (12.54%), Folate: 45.86µg (11.47%), Vitamin C: 7.6mg (9.21%), Vitamin B1: 0.13mg (8.8%), Vitamin B5: 0.81mg (8.07%), Manganese: 0.15mg (7.38%), Vitamin K: 7.01µg (6.68%), Vitamin D: 0.42µg (2.77%)